

## Bronze

### Ages

Primarily Ages 10 and Under

### Skill Acquisition

Introduction to proper practice procedures  
Introduction of basic stroke drills  
Attempting all four stroke kicks with and without a board  
Arm cycles coordination and stroke count  
Proper use of bi-lateral breathing  
Streamline development with proper underwater kicks  
Performance of legal turns and starts  
Introduction to interval swimming and kicking  
Develop underwater swimming on starts and turns  
Athletic development through basic dryland movements

### Minimum Exit Requirements

Compete in at least one USA Swimming competition  
Legal strokes and turns in at least 3 strokes  
Can verbally display knowledge of all 4 strokes and turn rules  
Swim a continuous 200 free with flip turns and bi-lateral breathing under 4:00  
Can do a racing dive from the starting block  
Can streamline 10 yards underwater  
Four 9-10 "B" times  
10x50 @ 1:05 freestyle maintaining turns and technique  
10x50 @ 1:15 kick  
Knowledge of meet protocol, and all rules pertaining to IM, relay, and fly-over starts  
Show good sportsmanship

### Practices

Practice offered three days per week, 1-hour sessions (estimated and can change)  
Encouraged to attend practice regularly

### Meets

Encouraged to participate in **two or three** USA Swimming meets per year  
Must compete in at least **one per year**

## Silver

### Ages

Primarily Ages 9 - 13

### Skill Refinement

Continued development of interval kicking

Continued development of stroke drills

Maintain technique through practice sets and competition

Learn to effectively use training equipment (snorkels, paddles, fins)

Develop core body strength, increase flexibility and fitness through dryland activities

Increase speed and endurance

### Group Goals

4 USA Swim Meets

4, 9-10 A or 11-12 BB times

8 x 100 @ 2:00 flutter

5 x 200 @ 3:00 maintaining turns and technique

Legal 200 IM under 3:00

500 Free under 8:00

Complete a 100 of all strokes with legal turns and technique

Knowledge of the Sport's Rules and all Swimming Events

Display Good Sportsmanship in a team and competitive environment

### Practices

Practices offered **four** times per week, 1.25-1.75 hour practices offered weekly

Recommended minimum **three** practices per week

### Meets

Encouraged to participate in **one meet per month**

# Gold

## Ages

Ages 11 - 14

## Performance Building

Continued development of interval kicking

Continued development of stroke drills

Maintain technique through training sets and competition

Continued use of training equipment (snorkels, paddles, fins)

Continued development of core body strength, flexibility, and fitness through dryland activities

Increase speed and endurance

## Minimum Entry Requirements

Swimmers who meet all of the Silver Group Goals can be considered for advancement

## Group Goals

Complete a legal 400 IM in under 6:00

5 x 200 @ 3:00 free swim maintain turns and technique

6 x 100 @ 1:45 IM maintain turns and technique

8 x 100 @ 1:55 Flutter Kick

Strive for excellence in turns and technique during all workouts

Demonstrate good sportsmanship in practice and competition

Demonstrate behaviors for younger teammates to emulate

Routinely work with different members of the group to create team bonds

## Practices

Practice offered five to six times per week, 1.5 - 2.25 hour sessions

Recommended minimum **four practices** per week.

## Meets

Encouraged to participate in **one meet per month**

## Senior

### Ages

Ages 13 - 18

### Minimum Entry Requirements

Minimum one year of swimming with the Lynchburg Aquatic Club or another USA Swimming Club

Must be at least starting 7th grade

Complete a legal 400 IM under 5:30 or 500 free under 6:30

Make 5 x 200 freestyle swim on 2:45

Make 8 x 100 flutter kick on 1:45

Commitment to swimming – minimum attendance of at least 5 workouts each week

### Performance Refinement

Continued development of speed and endurance through specialized training

Maintain technique through training sets and competition

Additional training equipment utilization

Development of strength and endurance through structured dryland

Meets as per coach recommendation

Positive role model for all young athletes

Show leadership

### Group Goals

Develop top-tier skills in starts, turns, and technique

Create a positive, supportive group environment for all athletes to feel valued and included

Strive for individual excellence in a team setting

Model best practices of Sportsmanship, Team Spirit, and Integrity during all team activities

Support and recognize the efforts of teammates in and out of the water

Strive for inclusion top to bottom daily

Communicate with coaches directly with goals, schedules, and difficulties

### Practices

Practice offered **six** times per week, 2- to 3.5-hour sessions with dryland

Attend all offered water and dryland sessions

### Meets

Attend meets as requested

### **Homeschool**

Swimmers must have met the requirement for Age Group Bronze, Silver or Gold to register for this group. Athlete may participate in all Homeschool practices and/or Training Group Practices

### **Middle and High School Fitness**

This group is geared towards middle school and high school aged athletes that are using the sport as a cross-training opportunity, or just the enjoyment of swimming. Practice offered 3 times per week